

Please note we are a little independent pub, not a big restaurant! We don't have waiting staff so please order your food and drinks at the bar. We try our hardest to serve your meals, which are cooked to order, as quickly as possible. If you are in a hurry, please ask us the likely waiting time. We hope you enjoy the lovely atmosphere and our home-made food.



## Menu

### Starters ALL £8.95

#### ■ CRISPY CHICKEN £9.95

Lightly battered strips of chicken with a sweet chilli sauce served with salad

#### ■ HEARTY LENTIL AND PEPPER SOUP £8.95 (VN,D,G)

Served with crusty bread① or GF bread. Butter② or DF spread available

#### ■ SEABASS FISH CAKE £8.95 (D,G) ⑤

A fish cake of seabass and cod with hints of ginger and lime in gluten-free breadcrumbs with salad and lemon oil

#### ■ INDIAN SCAMPI £8.95 (D) ①⑦⑤⑥

Crispy-crumbed king prawns marinated in fenugreek, fennel, cumin, mustard and black onion seeds. Served with salad and drizzled with a chilli mango dressing

#### ■ MEDITERRANEAN BRUSCHETTA £8.95 (VN,D,G)

Our twist on the traditional bruschetta: toasted ciabatta① topped with oven-roasted cherry tomatoes, olives, capers, peppers, onions and chillis and melted mozzarella② or dairy-free cheese. Gluten-free bread available

### Mains ALL £18.95

#### ■ CIDER BATTERED COD OR HADDOCK AND CHIPS (D,G) ⑤⑧

A fillet of either skinless cod or haddock in our gluten-free cider batter with chips and garden peas or salad. Add a slice of white bread① with DF butter for 95p

#### ■ SPICED CAULIFLOWER & LENTIL PIE (VN,D) ①⑨

Cauliflower, lentils, spinach and potatoes in Indian spices encased in pastry. Served with mash② or DF mash, gravy and vegetables

#### ■ PORK, CHEESE & JALAPENO BURGER (G) ②⑨

A pork burger with iceberg lettuce topped with jalapenos, melted cheddar and a peach mustard sauce. Served in a soft white roll① or GF roll with chips and salad

#### ■ BEEFBURGER WITH CHEDDAR (D,G)

Our burger uses the finest Devon beef mince and seasoning. To enjoy the full flavour we're simply adding burger relish⑨, tomatoes, onions and iceberg lettuce, topping it with melted cheddar② and sliced gherkins. Served in a soft white roll① or GF roll with chips and salad

#### ■ SPINACH & FALAFEL BURGER (VN,D,G)

A falafel burger with spinach and spices topped with mint yoghurt② or vegan mint mayo, cucumber and iceberg in a soft roll or GF roll. Served with chips and salad

#### ■ THE FLOWING SPRING KEBAB (D,G)

Our version of the doner kebab. Pitta bread① or a GF wrap stuffed with salad and topped with sliced roast West Country lamb. With jalapenos, gherkins, a hot chilli sauce and mint raita②

#### ■ SHAWARMA KEBAB (VN,D,G)

Pitta bread① or a GF wrap stuffed with salad and topped with spiced shawarmi-style plant-based strips. Comes with jalapenos, gherkins, peppadew sweet peppers, hot chilli sauce and mint raita② or vegan mint mayo

#### ■ SCORCHING CHICKEN CURRY (D,G)

British chicken in a rich, hot and spicy sauce. With white rice and a poppadom

#### ■ KERALAN CURRY (VN,D,G) ⑨

A delicious sweet curry with cauliflower, red peppers and coconut cream. With white rice and poppadom

#### ■ COTTAGE PIE & CAULIFLOWER CHEESE (G) ②

Home-made cottage pie with a dish of cauliflower and brussels sprouts cheese, all oven baked

#### ■ GAMMON, EGGS AND CHIPS (D,G) ③

West Country gammon (served cold unless requested hot) plus two fried free range local eggs, chips and salad

#### ■ CHILLI CALZONE (VN,D) ①

A large calzone filled with either our chilli con carne or veggie mushroom chilli and melted mozzarella② or vegan style mozzarella. Served with salad

#### ■ HOME-MADE PIZZAS INCLUDING GLUTEN FREE, DAIRY-FREE & VEGAN - CHOOSE YOUR OWN FOUR TOPPINGS (VN,D,G)

Our light, thin, crispy, hand-made pizzas① or gluten-free pizzas topped with tomato and mozzarella② or dairy-free cheese.

Choose up to 4 toppings: Mushrooms, red onions, mixed peppers, olives, capers, gherkins, red Thai chillis, Armagedon chillis (very hot!), jalapenos, sweetcorn, pineapple, sun-dried tomatoes, peppadew sweet peppers, chorizo②, pepperoni②, bacon, ham. Extra toppings £1.50

V=Vegetarian ■ , VN=Vegan ■

D=Dairy/Milk-Free

G=Made using Gluten-Free ingredients\*

WHEN ORDERING PLEASE MENTION ANY FOOD INTOLERANCE OR ALLERGY

ALLERGENS 'FOOD CONTAINS' KEY:

① Gluten ② Milk ③ Eggs ④ Soya ⑤ Fish

⑥ Molluscs ⑦ Crustaceans ⑧ Sulphites ⑨ Mustard ⑩ Celery

⑪ Ground Nuts ⑫ Sesame Seeds ⑬ Tree Nuts

Faded symbols mean 'may contain'.

We do not use frying oils containing GM soya.

All meals subject to availability.

### Giant Yorkshire Puddings £18.95

A giant Yorkshire pudding ①②③ filled with today's selections from the list below. GF option uses 2 smaller Yorkshires ②③

#### ■ SLOW-COOKED LAMB (G) ⑧

Slow-cooked lamb in red wine and redcurrant jelly. With vegetables and roast skin-on potatoes

#### ■ BEEF IN MERLOT (G) ⑧

Slow-cooked beef cooked in Merlot. With vegetables and roast skin-on potatoes

#### ■ HAM HOCK IN CIDER (G) ⑧⑨

Slow-cooked ham hock in cider with herbs. Served with vegetables and roast

#### ■ POACHED SALMON (G) ⑤

Poached salmon fillet with vegetables, roast skin-on potatoes and lemon oil

#### ■ ROASTED BUTTERNUT SQUASH & VEGETABLES (V,G)

Butternut squash, sweet potatoes, courgettes, leeks and peppers with gravy and roast skin-on potatoes

### Desserts £8.95

#### ■ STICKY TOFFEE PUDDING (V) ①②③④⑤

Hot sticky toffee sponge with raisins and spices topped with toffee sauce. Served with vanilla ice cream

#### ■ APPLE & BLACKBERRY CRUMBLE (VN,D,G)

With ice cream②. DF ice cream or custard②

#### ■ HOT SPICED PEACHES (VN,D,G)

Sliced peaches cooked in aromatic spices and chillis. With vanilla ice cream② or DF ice cream

#### ■ CHURROS (VN,D) ①

with chocolate sauce, vanilla ice cream② or DF ice cream

#### ■ DAIRY ICE CREAMS (V,G) £2.50 scoop ②

Choose from Vanilla, Scotch Bonnet, Gingerbread, Strawberry with Clotted Cream

#### ■ VEGAN ICE CREAMS (VN,D,G) £2.50

SCOOP

Vanilla, Mint Chocolate Chip